

# Countryside Activities programme



## WEEKDAY OPPORTUNITIES

Want to try to improve your overall health and well-being in a friendly and supportive environment? Why not try our day services with a difference? Contact us for further details.

## TRAILBLAZERS & HARROGATE NATURE FORCE

We 'work for wildlife' on nature conservation projects on Tuesdays (Trailblazers) and Fridays (Nature Force). Both groups meet at Community House and we can usually drop people home afterwards. Tools, training, PPE and transport are provided. The service is a chargeable one and work programmes are issued separately.

## WEEKDAY WALKING

For regular walking opportunities, don't forget our weekday walking groups. Members are invoiced every two months, and people often pay for it out of their personalised budgets. The groups are:

- **WALK ON THE WILD SIDE**

Our Wednesday group combines shorter walks of up to 6 miles with nature study.

- **THURSDAY WALKERS**

The Thursday group covers around 7 - 8 miles each day and is a great way to improve your health and fitness.

## WEEKEND OPPORTUNITIES

### KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire



We'll be out later than 9pm

## Date for your diary

Saturday 18<sup>th</sup> October

**35<sup>th</sup> Anniversary Ceilidh, Starbeck**



## ADVENTURE CLUB

This outdoor pursuits group can be more strenuous than some, but we try and keep it fully inclusive wherever possible.

### Saturday 26<sup>th</sup> April BARGING ABOUT



A welcome narrowboat cruise upon the Calder and Hebble Navigation with our friends from the *Safe Anchor Trust*.

**Cost: £7 Trip: £12 Travel: 1¼ hours**

### Saturday 3<sup>rd</sup> May ADAPTED CYCLING



Visit Thornes Park Stadium, Wakefield, where we can ride a variety of adapted cycles around the athletics track.

**Cost: £4 Trip: £12 Travel: 1¼ hours**

### Sunday 1<sup>st</sup> June PADDLE BOARDING



A return to our friends at Ellerton Park.

**Cost: £15 Trip: £12 Travel: 1 hour**

### Friday 13<sup>th</sup> June GOING SWIMMINGLY



We'll go to *Starbeck Baths*, with an evening swim and fish and chips to boot!

**Admission: £4 Trip: £5**

**Travel: 20 minutes Meet from: 5.30pm**



## OUTINGS GROUP

Open to anyone with a physical disability or sensory impairment, we visit a wide range of wheelchair accessible locations.

### Sunday 13<sup>th</sup> April BY GEORGE!



Celebrate St. George (who was actually Turkish!) and all things English at a local village hall, including welly-wanging, longsword dancing and maybe bog snorkelling. There will be liberal helpings of pie and peas too!

**Cost: £20 Trip: £10 Travel: ½ hour**



### Sunday 20<sup>th</sup> April MURTON PARK

One-stop shop, including the Yorkshire Museum of Farming, farm animals, a steam railway and historic buildings.

**Admission: £18 Trip: £12**

**Travel time: 1¼ hours**



## OUTINGS

### Sunday 27<sup>th</sup> April BOLLING BLOSSOM



A visit to the annual Cherry Blossom Festival at Bolling Hall in Bradford.

**Admission: Donations, please**  
**Trip: £10** Travel time: 1 hour

### Saturday 10<sup>th</sup> May THIRSK QUENCHER



Visit a traditional Yorkshire market, then pop into Thirsk Garden Centre for a well-earned cuppa in the afternoon .

**Cost: Variable** Trip: £12  
Travel time: ¾ hour

### Sunday 18<sup>th</sup> May MONK PARK FARM



An open farm near Thirsk, set in 84 acres of beautiful countryside

**Admission: £12** Trip: £12  
Travel time: 1¼ hours

### Saturday 31<sup>st</sup> May LOTHERTON HALL



Bring a picnic to enjoy in the grounds of this famous country house near Aberford.

**Admission: £10.50, Carers FREE**  
**Trip: £10** Travel time: 1 hour



### Saturday 7<sup>th</sup> June MORECAMBE



Fun and frolics on Lancashire's Riviera.

**Admission: FREE** Trip: £12  
Travel time: 2 hours



### Saturday 14<sup>th</sup> June REDCAR KITE FESTIVAL



Plagued by the wind? Well, come along to this seaside kite festival and you'll soon come up trumps.

**Admission: FREE** Trip: £12  
Travel time: 1¾ hours



### Sunday 22<sup>nd</sup> June SHIBDEN HALL



Historic hall and grounds in the Shibden Valley, Halifax - home to Anne Lister, whose life inspired the Gentleman Jack character. Only the ground floor of the Hall is wheelchair accessible.

**Admission: £10, Carers FREE**  
**Trip: £12** Travel time: 1¼ hours

## WILD THINGS

Have fun exploring the natural world, as you never know when nature calls!

**Saturday 12<sup>th</sup> April**  
**HOP IT!**



A look for frogs, toads and newts in some local ponds

**Admission: FREE Trip: £10**

**Travel time: 1/2 hour**

**Saturday 17<sup>th</sup> May**  
**PEREGRINE PATROL**



We'll have a go at spotting the nesting peregrine falcons at Malham Cove.

**Admission: FREE Trip: £12**

**Travel time: 1¼ hours**



**Sunday 15<sup>th</sup> June**  
**FLOWER POWER**



A botanical trip to enjoy some of Yorkshire's flower-rich nature reserves

**Admission: FREE Trip: £12**

**Travel time: 1 hour**

## TANDEMONIUM!

Our six tandem clubs are based in Harrogate, Ripon, Selby, Wakefield, Wetherby and York.

The 2025 tandem season begins on 1<sup>st</sup> April. Excitingly, we'll be joined by our seventh club - this time on Teesside!



The date of our tandem weekend is **27<sup>th</sup> - 29<sup>th</sup> June 2025**, when we will cycle the 81-mile 'Bay Way' between Walney Island and Glasson Dock. Staying at *Witherslack Bunk Barn*, the cost for the whole weekend is £250.

## SPIN CLASSES

We have a FREE Zoom-based spin session on offer each week. Please join in the fun - contact us for details. Don't forget, we can lend you an exercise bike or a tablet if that helps!

### **Mondays**

*Spin class* (exercise bikes & music with Ella Dixon) 6.30-7.30pm.



## EASY GOING WALKS

Short walks that are suitable for more casual walkers and wheelchair users.

### Saturday 5<sup>th</sup> April DAFF A MINUTE



See the world-famous Farndale Daffodils.

**Admission: FREE Trip: £12**

**Travel time: 1½ hours**



### Sunday 11<sup>th</sup> May TOWPATH TREK



A there-and-back walk along the Leeds Liverpool canal.

**Admission: FREE Trip: £10**

**Travel time: 1 hour**

### Saturday 28<sup>th</sup> June HUMBER BRIDGE



A walk across this most iconic of bridges.

**Cost: £2 Trip: £12**

**Travel time: 1½ hours**



## YORK WALKING GROUP

We're helping ambulant disabled York residents to enjoy weekend rambles twice a month. Contact us for further details if you would like to take part. The dates of our forthcoming York walks are:

### Saturday 5<sup>th</sup> April MEANWOOD VALLEY TRAIL



Distance: 6 miles

Travel time: 40 minutes

### Saturday 19<sup>th</sup> April HELMSLEY & DUNCOMBE PARK



Distance: 5½ miles

Travel time: 50 minutes

### Saturday 17<sup>th</sup> May KNARESBOROUGH



Distance: 5 miles

Travel time: 40 minutes

### Sunday 8<sup>th</sup> June OSMOTHERLEY & COD BECK RESERVOIR



Distance: 5 miles

Travel time: 50 minutes

### Saturday 21<sup>st</sup> June BYLAND ABBEY



Distance: 5½ miles

Travel time: 45 minutes



**SELBY WALKING GROUP**

**Sunday 6<sup>th</sup> April  
MILLINGTON  
& WOLDS WAY**



Distance: 6 miles  
Travel time: 45 minutes

**Sunday 4<sup>th</sup> May  
NUN MONKTON**



Distance: 5 miles  
Travel time: 30 minutes

**Sunday 29<sup>th</sup> June  
ANGLERS  
COUNTRY PARK**



Distance: 5 miles  
Travel time: 45 minutes

**ALLOTMENT GROUP**

Our intrepid allotment group lives life on the veg. Join in with the 24-carrot fun!



Or why not pop in any time between 10am and 2pm, on **Friday 9<sup>th</sup> May**, when we will be showcasing our great allotment work as part of Yorkshire Wildlife Trust's 'Wildlife Friendly Open Gardens' initiative.

*Please email [info@opencountry.org.uk](mailto:info@opencountry.org.uk) if you would prefer to receive our newsletter electronically or if you want to be taken off our mailing list.*

**BOOK A PLACE/GET IN TOUCH...**

To book a place, telephone Open Country (01423) 507227. Please do let us know if you've booked and then cannot come to a Countryside Activity, so we can give someone else your place.

Late cancellation or non-attendance on activities is time-consuming, costly and above all prevents other members from enjoying the countryside. Please only book on to the activities if you really want to come out with us. If you must cancel, do so as early as possible, so that we can give someone else your place. Cancellation less than 48 hours in advance may result in you being liable for any costs - you have been warned!

Our address is:

**Open Country, Community House  
46 East Parade, Harrogate,  
North Yorkshire, HG1 5LT.**

Tel: **01423 507227**

Email: **[info@opencountry.org.uk](mailto:info@opencountry.org.uk)  
[www.opencountry.org.uk](http://www.opencountry.org.uk)**

Our confidential trustees' email address is [opencountrytrustees@gmail.com](mailto:opencountrytrustees@gmail.com)

Like us on Facebook, or follow us on Twitter or Instagram

